

# Plan Ahead and Prepare



## Before You Go

Check with us to obtain a Wilderness Permit before entering the Alps. It gives us a chance to even out usage and to inform you of the latest Wilderness conditions, regulations, inherent risks, and special concerns for the area you'll visit (i.e. there is a 10-person party size limit in the Trinity Alps Wilderness).

- Visit the Backcountry in small groups.
- Avoid popular areas during times of high use.
- Choose equipment and clothing in subdued colors.
- Always take a topographic map and compass.

### Pack Your Pack with 'The Right Stuff'

Overloaded packs lead to fatigue and poor decision making. Well organized meals reduce pack weight and avoid the problem of unwanted animal encounters...

- Use durable lightweight gear and a comfortable pack. Resist the urge to bring unnecessary equipment.
- Use foods that are lightweight, produce the minimum amount of trash, and produce very little smell.

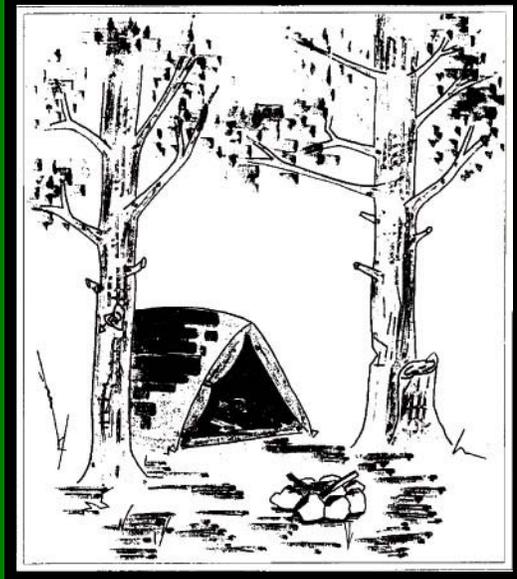
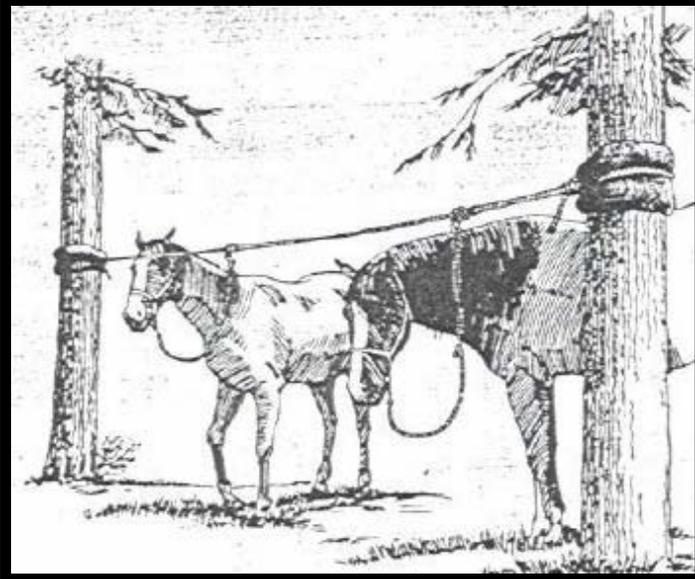
J Dry Cereal

X Bacon Eggs

J Powdered Milk

X Canned Soups

# Camp and Travel on Durable Surfaces



## On The Trail

Stay on designated trails. Walk in single file in the middle of the path and don't shortcut switchbacks.

- Step to the downhill side of the trail and talk softly when encountering pack stock. Avoid waving arms or making sudden gestures.
- When traveling off-trail choose the most durable surfaces available and do not mark your route with rock cairns.

## At Camp

- Choose a worn pre-existing campsite at least 100 feet from lakes and streams and away from other occupied campsites.
- Choose a site appropriate for your party's size.
- Restrict activities to the area where vegetation is compacted or absent (esp. in high use areas!). Leave the site clean and attractive for the next party.
- Avoid camping where impact is just beginning. Allow these places to recover.
- Stock Users must always high-line stock and spread droppings before breaking camp.

## Properly Dispose What You Can't Pack Out



Disposal of solid human waste can be an uncomfortable topic, but it demands careful procedures since fecal waste can spread disease. Disposal should:

- ✓ Minimize the chance of others finding the waste.
- ✓ Minimize the chance of water pollution.
- ✓ Maximize the Chance for Decomposition.

Use a small trowel to help dig a 'cat-hole'. Dig holes 6 to 8 inches deep and at least 200' from water, camp, or trails. Cover and disguise the cat-hole when finished with no paper showing!

- Don't wait till the last minute when nature calls! It can take a while to find suitable soil to dig a cat-hole.
- When hunting for a suitable spot to dig a cat-hole, persons younger than 16 years of age often become frightened when venturing away from the campsite alone. It's a good idea to have young folks use the buddy method when nature calls. They can then make an adventure out of finding a cat-hole site -instead of short circuiting the whole process to get back to camp quickly...

Pack in only what you need for your trip and be sure to pack out everything that you bring into the backcountry -including left-over food; never bury it (better yet, don't cook more than you can eat!). Your last activity before leaving camp should be to thoroughly police your campsite for litter and overlooked gear.

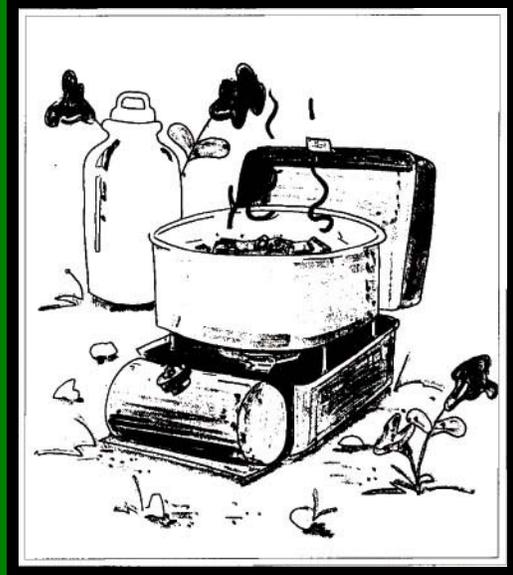
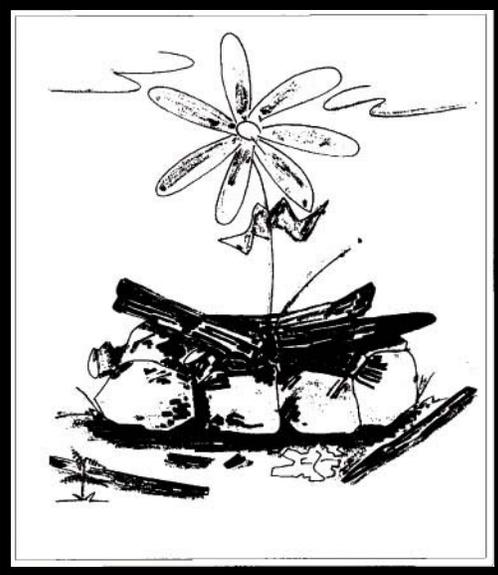
## Leave What You Find



Treat our natural heritage with respect. Leave plants, rocks, historical and archaeological artifacts as you find them.

- People visit wildlands for many reasons, among them to explore nature's mysteries and surprises. When we leave rocks, shells, plants, antlers, feathers, fossils and other objects of interest as we find them, we pass the gift of discovery on to those who follow.
- Load your cameras and not your packs! Let photos, drawings, and memories comprise your souvenirs.
- Good campsites are found not made. Altering a site should not be necessary.
- Relative to plant life, 'Leaving What You Find' also means not leaving what you don't find! Be careful not to introduce non-native species. Check pants cuffs and gear for seeds before entering the Wilderness. Stock Users should bring in only weed-free hay and grain. Anglers should be sure not to let live bait free in streams and mountain lakes.

## MINIMIZE Fire Impacts



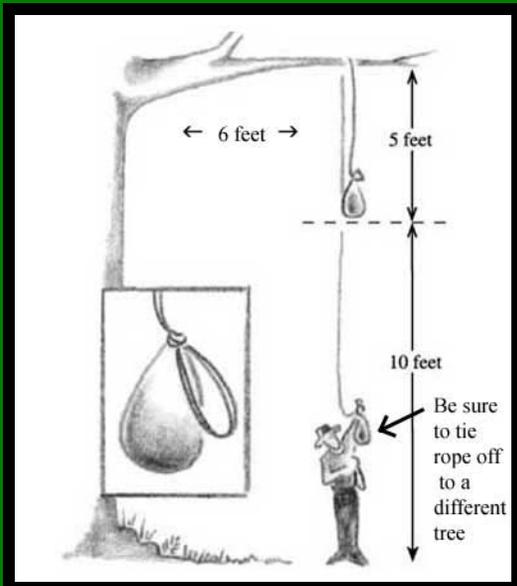
Campfires are the major cause of campsite deterioration at heavily used lakeshores. Responsible campers *should not* have a campfire in areas with scant vegetation. Fully 90% of the nitrogen needed for plant growth comes from decaying vegetation, so burning up most (all!) of even the *appropriate* firewood in an area adversely affects the remaining living vegetation. If you must have a fire in these areas please make it a small one and stoke it for only for a short period in the evening.

Here in the Alps, year-round fire restrictions (Forest Order# 14-10-2) are in effect at the lakeshores in the Canyon Creek and Stuart Fork watersheds. Please observe these restrictions ...it's the only assurance we have that there will be vegetation remaining at these lakeshores for future Wilderness users.

### Campfire Procedures

- Always carry a lightweight shovel when having a campfire.
- Use only pre-existing fire rings. Do not scar rocks or build fires on the duff or on rotted roots/stumps.
- Gather sticks no larger than an adult's wrist.
- Use a small camp stove for cooking meals.
- Fires should always be extinguished before leaving the area for any extended period.
- To appropriately extinguish a fire, pour on copious amounts of water and stir with a stick. Never douse a fire by covering it with soil.

# Respect Wildlife



**W**ilderness areas are one of the last refuges for Wildlife. We hikers need to promote their survival rather than add to the difficulties they already face! Consider these strategies when hiking in the Alps.

- **Observe From A Distance.** Always watch and photograph animals from a safe distance to avoid startling them or forcing them to flee. The use of binoculars can go a long way toward keeping you a respectable (non-startling) distance for wildlife viewing.
- **Avoid Sensitive Times And Habitats.** In general, animals are sensitive to recreationists while pursuing and defending mates and territories, birthing, guarding young or nests, and when food is scarce. The more you understand about a species the more considerate you can be of the animal's needs and temperament.
- **Never Feed Animals.** Feeding wildlife damages their health, alters natural behaviors, exposes them to predators and other dangers.
- **Store Food and Trash Securely.** "Food" includes garbage, canned food, stock feed, pet food, fuel and scented or flavored toiletries. The salt in hiking boots, backpacks or clothing also attracts deer and many small mammals. Here in the Trinities we do not require bear canisters however we do ask all wilderness users to hang their food. The above diagram, when executed properly, demonstrates a sufficient method to secure food from opportunistic scavengers.
- **Control Your Pet.** Typically wildlife and pets are not a good mix. There are no leash laws in the Alps, but visitors are expected to keep their pets under control at all times. Please carry a leash.

## Be Considerate of Other Visitors



Today, we must share wildlands with people of all recreational persuasions. There is simply not enough country for every category of enthusiast to have exclusive use of trails, lakes, rivers, and campgrounds. Outdoor 'etiquette' can best be summarized by following these self-evident guidelines.

- **Respect Other Visitors And Protect The Quality Of Their Experience.** Some people visit wildlands to enjoy quiet and solitude. Others come for camaraderie. Even remote wildlands are under increasing use pressure. So, whenever possible, find an established campsite out of sight and sound of other visitors.
- **Yield to Others.** Simple courtesies such as offering a friendly greeting on the trail, wearing earth-toned clothing to blend in with the scenery, stepping aside to let someone pass, waiting patiently for a turn, or preserving the quiet, all make a difference.
- **Keep A Low Profile.** Take rest breaks away from the trail.
- **Let Nature's Sounds Prevail.** Avoid the use of bright lights, radios, electronic games and other intrusive devices. To some, technology is a necessity even in wildlands. To others, it is inappropriate. Avoid conflicts by making a conscious effort to allow everyone his or her own experience.